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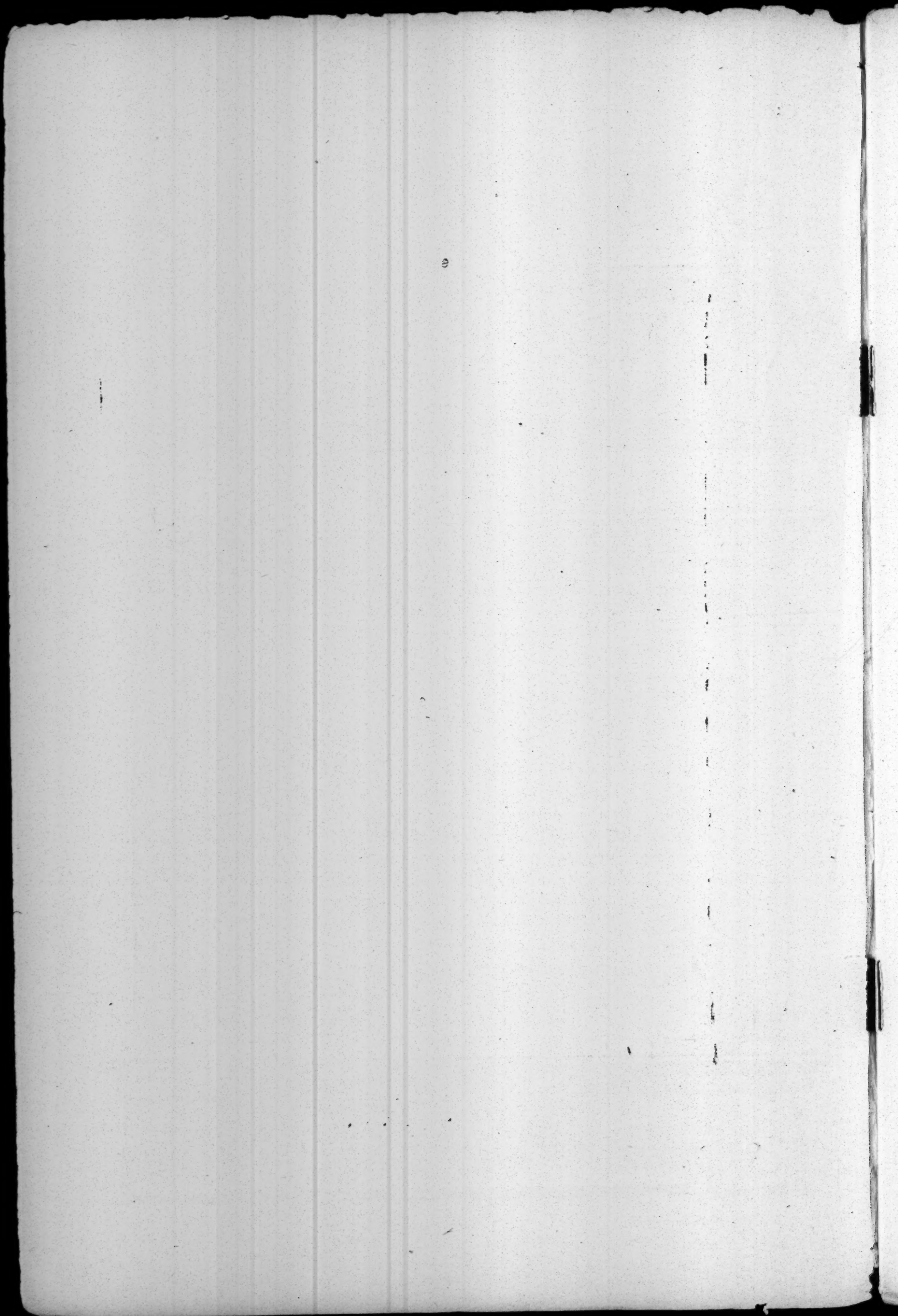
A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
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*There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.*

CONDUCTED BY
ERNEST YATES LOOMIS,
IN WOOD-ON-HUDSON, NEW YORK CITY.

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PARTS



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Part 43. **CONCENTRATION**; Drills for November of each year.

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Part 50. **THE ART OF LIVING**, Gives simplified methods, helps to promotion and important formula.

Part 51. **SOURCES AND CONDITIONS OF HAPPINESS**; Reduces happiness to scientific basis; Shows how to control the moods.

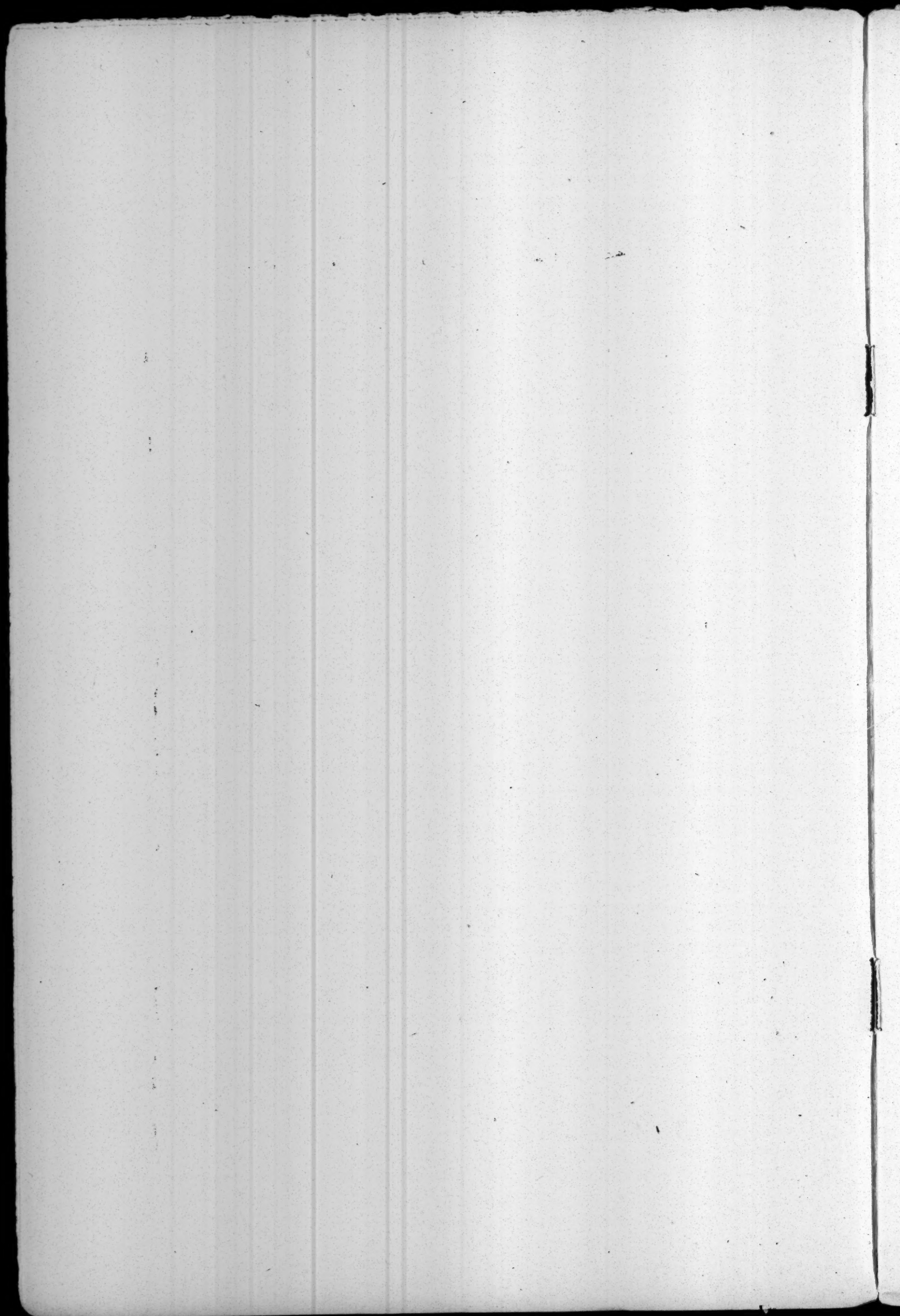
Part 52. **A PLAN OF LIFE**; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

LIFE SCIENCE.

Part Nine—Aims And Objects.

The law of vibration is the fundamental principle of Life Science—of all Science. It resides in all its fullness within every separate cell or “atom” in the universe and in all aggregations of atoms. It needs only to be recognized to bloom forth in ever increasing beauty. It is the ruling power in every individual life, whether man knows it or not, but he needs above all things to know it that he may co-operate intelligently with it in its efforts to do things for him. Strictly speaking it does things without effort, but works best where the mind is open to its interior influences. It is the essence of the dual self—of your Best self. The whole world belongs to it as it is the spiritual essence of all things. There is a point where all the forces of the universe converge, otherwise there could not be such unity and perfection as is displayed even in the countless systems of planets as they are hurled through space.

That point of convergence is within you as within all and may be reached by the thought processes outlined in this course of instruction. You may, for this reason, “sit at home with the cause” and by dealing through interior channels with the ruling spirit of things at a distance, thus bring them into more harmonious and helpful relations with yourself.



Life Science **in a Nutshell.**

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The following rules, being based on life principles in nature, will, if fully applied, enable any person to invoke the assistance of life forces in the accomplishment of every practical duty in life.

It is shown how they may be applied to produce seemingly impossible results in all business and art. The business man who applies them will soon find that there is no need for excessive bodily exertion, that much more can be accomplished by thus making business a pleasure, and that the convulsive body-straining methods of business usually adopted, actually drive results away instead of attracting them.

It is not alone to business and art that these principles apply. They may be successfully applied in all matters of health, in the acquisition of knowledge, in the formation of suitable plans, in judgments of human character, in the pursuit of happiness here and hereafter.

If founded on the underlying laws in nature, it is apparent that the same principles, being fundamental, would also unravel religious and ethical enigmas which otherwise, to us would remain shrouded in Egyptian darkness and mystery. Does all this seem like promising too much? The principles involved are self-evident, even though this publication should not fully prove them so. If you fail to comprehend them, you

LIFE SCIENCE IN A NUTSHELL.

may nevertheless obtain proofs by simply applying the rules.

The field of Life Science is so broad that there are thousands of theories and incidental applications which naturally spring from the few basic principles involved. Many short-sighted students of Science gormandize on the browsings of side issues, without applying the basic principles, and, by their meager life results, subject the claims of Scientists to the ridicule of thoughtless people. Such mistakes by no means invalidate their broad claims, and should be regarded only as an evidence of the fascinations of the subject. A stall fed ox, if suddenly turned into a fresh field of clover, would be liable temporarily to quite forget the capacity of his stomach. Such thoughtlessness, on the part of the ox, and its results, might lead equally thoughtless *people* to the conclusion that clover was not adapted to his wants.

If truly understood, there is nothing which equals esoteric philosophy in satisfying the cravings of hungry human hearts. It teaches the "heart religion"—the religion of love. It alone explains the relations which exist between man and his source, and thus enables man to demonstrate the *omnipotence* of that source. Its theories and their practice should go hand in hand. The soul cannot fully understand its own powers, until those soul qualities are awakened. A few rules for so awakening them are herein given. Beginners may consider them too simple to be effectual, but, as they gain in knowledge and experience, esoteric meanings which at first were hidden, will appear, and the rules will as gradually gain in interest and value to them.

By faithfully observing these rules, one will obtain daily silent help from a silent fraternity which has repeatedly demonstrated its power to thus help thousands—a power which grows in volume daily as members are added to its ranks. Those whose hearts are prepared for the growth and development of their life powers, will be able to recognize and avail themselves of the means herein offered.

Until those powers are so developed and used, one is as far from a true demonstration of his possibilities, as is the bodily stupor of an opium eater from an actual outward realization of the visions he sees.

The true Scientist occupies a throne. His throne is the will. His will is "Monarch of all it surveys." He is able to say, "I will be what I will to be," and to have that royal edict carried into effect. He is able to command thought in the calm certainty that such commands will be implicitly obeyed. Through the power of thought, he has direct control of vibration. Vibration is the fluidic essence of all manifestation, and therefore the power which accomplishes all results in business or art. "Brain waves," as Science terms them, are the vibratory tools of thought, and ever at the command of thought.

The human body has long been considered nearly all fluid, and now that its every atom is proved to be only a rate of vibration, it is not difficult to perceive how responsive those atoms or vibrations must be to the controlling power of thought and the will.

It is wise to apply this principle in banishing bodily disease and imperfections, before trying to gulp down many more mere theories.

The essence of every material atom is vibration.

Your atoms constantly change to the poles of your thought. Life Science power is only the action of instructed thought. The development of life power consists in thought instruction, thought direction, and the acquirement of thought control. Thought control naturally depends on the will or thought direction, and that in turn is dependent upon thought instruction.

As the will is controlled by Love, it is plain that no permanent life power can be acquired without invoking the help of the love principle within, by getting the will in alignment with that Divine principle. That principle is absolutely basic in man's constitution, and, therefore, to apply it is all important. It is entirely useless to try to subject that principle to the ignorance and shortcomings of the human will. The opposite must be done. It simply *must* be done, before life power which is worthy of the name can be acquired. The human will is ever comparatively weak until it thus gets the backing of omnipotence within—of the omnipotence of Divine Love. Thought control and its life power must, therefore, be gained through thought concentration. Thought concentration must reach the Love principle within and its harmonious vibrations, before thought or the will can be properly controlled.

Thought control, and the acquirement of its silent power, therefore, becomes a species of invocation, of devotion, of prayer, of worship. Learn to "enter into thy closet," within the self, "and when thou hast shut the door" of outward sense, "pray in secret" silently, and thy Father, Divine Love, "which heareth in secret" from within, "will reward thee openly" through vibration. To "enter into thy closet," etc., is not always so

easy as it may seem. It is *much* MORE *important* than it seems. Its importance can only be measured by the importance of success, health, and of growth in self-knowledge, wisdom, and power. The ability to thus invoke life's power from within, enables you to demonstrate in your outward life that, "God and one are always a majority." The main rule, then, is to invoke life power daily from within, but how?

The following suggestions, if closely followed, may offer clues which will place such an acquirement within your reach.

If possible obtain the quiet of some room where you will not be disturbed. Sit down and outwardly compose yourself. Try to dismiss all outward thought. Be silent. Get your mind steady and at rest so far as you can. You have what we will term a higher self. Think of that higher self as an overshadowing presence. That higher self or overshadowing soul is at one with the Divine principle of Love.

That principle of Love is represented within your physical heart. Does that seem impossible? Isn't God omnipresent? Think of the heart. Think of its inner chambers. Within those inner chambers are etheric atoms or vibrations which represent the everlasting fires of Divine Love. This soul of your soul is the life of your eternal life, because it is at one with Truth which gives you the power to think. It is a link which connects you with Immortal Truth. Hush! Listen for that inner love vibration which says, "Be still and know that I am God." It is the Divinity. Can you hear the subdued music of its vibration? Can you feel its warmth, peace, harmony, and power? See if your intuition can catch the responses as you silently

ask it if Truth and Love are one, if Love is the origin of vibration, and the cause of its power? Listen again, If Truth and Love are one, and Love the cause of vibration, does it not follow that the power to think gives every man the latent power to fully manifest (through thought or vibration) the omnipotence of Truth and Love? Listen long if necessary, and in perfect silence, for the answer to such a momentous question. This is a process by which *knowledge* as well as power can be obtained. It is therefore plain that these practices should go hand in hand with their theories.

By thus awakening your soul powers, you will be able to get answers to questions which would absolutely stagger mere reason, for you thus, through the intuitions, open up direct communication with the original fountain of Truth. This backing and source of wisdom and power is all yours. No one can deprive you of it, or of that which it will accomplish for you. You can train it to an unlimited extent, by just such simple methods of mental concentration. In time, you will learn to trust it in all things as implicitly as you now do your eyes in going down stairs. It is not dependent upon any special fraternity. It is your direct inheritance from the giver of your eternal life. It is that loving Father which is ever saying, "Come unto me all ye who labor and are heavy laden, and I will give you rest." If care, anxiety, weakness, and unhappiness gnaw at your heart, turn to that loving Father and receive its rich blessings, its benedictions of peace, comfort, and strength, and the outward results which will follow as a natural sequence.

The great and tender heart within you is ever pulsating at a rate which is able to radiate the vibrations of

omnipotence to the very circumference of your outward relations. It only remains for you to set up the proper thought conditions.

Have you not seen enough of the "hell" of surface vibrations, to be willing to turn within to that vibration which beats in harmony with all *realities* in the universe? Have you not seen enough of the weakness and purity of hate and discord, to welcome the vibratory power and harmony of Love?

The crop of success and happiness, which results from remaining in the cold and barren shadows of ignorance regarding the powers of your own constitution, is as meager as would be the crop of potatoes which would result by planting them on the bare concrete floor of a dark cellar. It is rank nonsense to persist in dealing simply with *outward effects*, when, by learning and observing the laws of thought, you may deal with *causes*. To depend upon the *body* to accomplish business results, is to depend on *effects* for that which *thought causes* alone can accomplish. It is like depending upon the arms, instead of on the wind, to turn the wheel of a windmill. Behind your bodily throne are powers which are called thought, will, Love, Divinity. Before you can mould and control the vibrations of which your surrounding material environments are composed, you must first, by some process of mental concentration, invoke the support of those powers behind the throne.

The windmill must bear its true relations to the wind, before the powers of the atmosphere are available in turning the wheel.

How foolish it is to depend upon excessive bodily activities for success in business, when, by that very ex-

cess or effort, we incapacitate ourselves for thought, concentration and the ability to awaken, from within, our latent powers. What a waste of precious force it is to intoxicate ourselves with petty jealousies, anxieties, envyings, warfare, strife, and hate, when every such use of thought-force deprives us of just that much of the power of Love, and drives us farther away from Love's paradise.

Within your heart, is a throne of Love which it is your privilege to occupy. There is no need for any convulsions or spasms of fear. Love has power to care for its own. Its life-giving sunshine is ever within the easy range of your vision, if you will but turn your eyes in the right direction. Its unerring leadings will guide you in every emergency, if you will but listen and reverently obey. It is only the shadows of ignorance which separate you from Love's throne. Your higher self has the latent power to accomplish better business results, in an instant, than you can by mere bodily efforts, in weeks or, perhaps, years.

When you strike the right vibration within, the spiritual undercurrents which control your environments are at once transformed, even though their outward correspondences do not immediately respond. The consciousness should be so completely filled with a vibratory backing of Love, that the thought will at once penetrate to the esoteric currents which control the movements of people, circumstances, and things.

It is thus, that one may bring them into his relations in life, by bringing them into the Divine order of that thought. The direct leadings of the higher self come with ever increasing emphasis, as the habit of daily concentration is cultivated. The body should act only as

such leadings come. Excessive action without such leadings would incapacitate one for receiving them, and, by thus wasting force, unfit the body for carrying them into effect if they did come. All persons will naturally gravitate to you, to the extent that you charge your thought battery with the dynamic power of Love.

If you desire customers in business, you may form magnetic currents which will attract them to you, by simply directing thoughts of loving recognition to the love principle which dwells in each heart.

That indwelling God of Love, thus awakened, will inspire them to follow the thought current which so reached it and produced the awakening. In this simple way, you may constantly create opportunities, and, as constantly, bring helpful factors into your surroundings. Love attracts. Hate repels. The vibrations of love must be reached before one can rise above fear. Hate, care, anxieties, and most all inharmonious bodily, or other, conditions are the satellites of fear. They should be drowned in an ocean of Love. "Perfect Love casteth out fear." That process of thought concentration which reaches the true vibration of Love, is a cause of long life. It is an organizing power which more closely holds the atoms (vibrations) of the body together. By observing such practices daily, the soul constantly renews its grasp on the bodily atoms. That is why the body then has more power to act in business matters.

It infuses new vibratory life into each atom, thus inspiring it to do its very best. Thought concentration is a process of saturating the body with the pulsations of Love. Before you can become a Life Scientist, you

must renounce hate as the infamous and illegitimate child of fear. Hate and fear are the twin bastards of ignorance. Renounce them forever. Stamp them with the brand of Cain.

Get your will under the perfect control of its true ruler. Love is its true ruler and the seat of all true power. Discordant, hating, thought vibrations forge chains which tie your hands and limit your powers. It is not until they are melted in fires of love, that you can manifest your latent powers.

That which hates is not you. It is the disturbance of a surface vibration. It does not spring from the heart of being. To live in hate, is to live in the hot water of surface disturbances. It is hot water which will burn you every time you try to transmute it into steam and power. The Divinity within will say, "hands off," as often as you attempt to so touch or utilize it. Do not try it longer. It is a waste of time. You have access to an inner sanctuary which is able to yield you all the love, happiness, knowledge, and power, which you are able to so recognize. Go there whenever you have an enigma which puzzles you, and thus unravel it as if by magic.

A person is not in a fit condition to wisely decide an important question, or to successfully accomplish great business undertakings, until he invokes from the higher self, the aid of its silent forces. To so invoke such help, is not necessarily a long or laborious process. It is a process of devotion, rather than of mere reasoning. The reason may be utilized in understanding the principles involved. After they are fully understood, a word or thought may be sufficient. Words partake of, and gradually acquire, the velocity and vibratory power of their meanings,—the ideas they express.

The word Love, therefore, if silently held, will carry into the consciousness something of the harmony, strength, and steadying power, which belongs to its esoteric meaning, and thus connect the outward consciousness with the higher soul principles. Other words, such as Truth, Life, Light, Understanding, Omnipresence, Power, Harmony, Peace, Silence, Repose, Rest, Vibration, etc., may be used to answer one's corresponding needs and moods. The daily practice of thus "hitching on" to the high vibratory currents of eternal things, adds to one's power, and prolongs life.

Those who have acquired the power to perfect that union with the higher self, will be able at will to lay down their bodily atoms (vibrations), or take them up again, as did the Christ. By such a process, "Death is swallowed up in victory." Life Science is a process of steadying the thought and controlling the will, by the Divine principle of Love and Truth. The general principles involved teach that true progress must come along the general line of awakening power, and of getting help from *within*.

Each one may modify the general rules above indicated, to suit his individual needs and varying moods. To keep in close touch with the higher self, and thus live the life, is to obtain its fruits; for it and its fruits are one and inseparable. The law of vibration explains this, and shows how every heart responds to whatever may teach the heart's omnipotence. Do you quite understand that great law of vibration? Do you quite accept the proved fact that vibration is the essence of which your bodily atoms and all your material surroundings are composed? That vibration is the

tool of thought? That thought is the tool of the will? That the will is the tool of omnipotent Love, and, that by simple methods of thought concentration, its omnipotence may always be invoked to modify and control the vibrations of every surrounding material circumstance? If so, you comprehend the great fact of your own omnipotence, and understand the general process by which that omnipotence may be demonstrated. Love, Truth, Wisdom, and Power, are one. Power, or vibration, is the active outward manifestation, or result, of which Love is the cause. Love is that perfect union of centrifugal and centripetal forces which results in vibration. It is the constant repetition of a combined reaching out and drawing in process. Waves of vibration are the necessary consequence. Love has the impulse to ever reach out. That is evolution. That is brotherly. That is a centrifugal force. Love also has the motherly tendency to draw in to itself, hover over, and nurture, that which it finds without; to more closely organize; to more perfectly harmonize; to draw others to itself. That is also brotherly. That is involution. That is a centripetal force.

Vibration is a child of this union of tendencies. Your present consciousness is a child which represents only one plane of vibration in the marriage of Truth and Thought. It has power to perceive only one plane of manifestation. As there are rates of vibration, and planes of thought and manifestation *below* the human consciousness, so, also, are there planes above it, which represent new worlds; but, those worlds will remain sealed to man, until, by observing proper practices, he breaks the seals by tapping the higher rates of vibration within.

Love, the creator and cause of vibration, is the very life substance and constant support of all material things, man's body included. "God is all and in all," the creator and preserver of all.

Life Science offers means of transmuting ideas and inherent potentialities into bread, butter, gold, and all material things, as well as into happiness and spirituality. It offers means of transforming into *blessings* to man, material comforts and luxuries which otherwise might *curse* him. When the heart and mind are right, houses, horses, carriages, fine raiment, friends, and other desirable exterior surroundings, will come as the natural attractions and correspondences of loving thoughts. They will spring up as spontaneously, and be brought on the wings of thought as certainly, as, from the proper germs, the April warmth, sunshine, and showers bring May flowers.

Your circumstances, when closely analyzed, prove to be only the sum total of your past thoughts. You have no one to blame for them but yourself. Your character and circumstances represent the organized sediment of thought vibrations which have slowly solidified during countless ages. They represent every octave of vibration below the human consciousness. As you have accomplished *that* much, you should not be disturbed or worried by transitory changes of worldly circumstance. Rest in the calm assurance that you have, *within*, the power to improve circumstances. That thought power, if properly exercised, will manufacture for you an ideal world.

It is not strange that the world should "Jump on the man who is down," for "Nature abhors weakness and weaklings." It hates anything which is not love.

The "weakling" will overflow with strength and love, when, after being trampled on, out of sheer desperation, he seeks the refuge of that "kingdom of heaven within," which is the paradise of love, and the dwelling place of that eternal power which is ever available to him who helps himself. Thought concentration is able to thus make heroes out of weaklings and cowards.

Is the world untrue to you? It is because you are untrue to your higher self. The love principle within, if duly awakened, will bring to your rescue in emergencies the loving help of loyal friends. You may manufacture any number of loving companionships without passing beyond your own threshold. "There is friendship in business."

The real undercurrents in all lives are as pure and holy as their Infinite source. By due recognition of these soul principles in all, you may make of your surroundings a veritable paradise of God. When you have "cast the beam out of thine own eye," your charity will be wide as the universe. When you have truly outgrown the "I am better than thou" feeling, you will be a business magnet of greatly increased power.

It is only an inverted vision which sees so much evil in others. It is like the man, who, having a "louse" on his own eyelash, thought it was a "ground hog" up in a tree. Errors which are the result of ignorance, are excusable. All errors are the result of ignorance.

When you withdraw your consciousness from without, to the higher self within, the vibrations of love will bubble over with the strength and generosity which washes away from the consciousness all imaginings of evil in others.

Let us not simply adorn (?) the bypaths of metaphysical speculation by madly following theories until we become theory drunk, because, in the delirium of such dissipations, we might forget to apply those simple basic principles and rules, which, if faithfully followed, would create for each one a new and radiant world.

Let us not allow the illusions of distance, and the fascinations of mystery, to absorb our time in an effort to magnify unknown persons into Masters of Wisdom, until we have attained the mastery of the life forces of Love within our own hearts.

The search for knowledge and power from without is generally a dissipation, when compared with a search, by proper methods of thought concentration for them from within. Do not take roundabout methods of finding your higher powers. You can place your finger on your nose without reaching all the way around your head to find it. Your true Master and Comforter is the Christ spirit of Love within your heart. The Masters of Wisdom in the mountains of Himalaya have no monopoly or "corner" on Truth. It is everywhere. It is within you, and, when found, will be to you a "Kingdom of Heaven.." It is found by getting in close touch with the higher self.

The main purpose of The Home Silent Thought Brotherhood is to place means within the easy reach of members, by which they may, through the power of silent co-operative thought, more effectually help each other to keep closely in touch with the higher self. A special subject is then given the member for daily contemplation during each noon hour observance, that the member may more readily become directly en-rapport with the deeper currents of co-operative thought.

The main work is for each member to do for himself. That principle, and its methods of application, are more and more emphasized at each step in a student's growth, until he is able to dispense with all outside helps.

One should not be dependent upon outside props. His dependence should be upon practices of mental concentration which awaken those life powers within, which were never created because they have always existed. It is of great advantage to practice thought concentration in co-operation with others, and particularly with those who are practiced Life Scientists. It results in interchanges of vibration which form themselves into rhythmic currents. Violinists will understand this law by the fact that it is much easier to play in an orchestra than when alone. Love means brotherhood. It means co-operation. Co-operative thought is not a contradiction of the principle that each one should depend upon the powers within himself. It is the unseen application of a principle of love which will bring into outward manifestation an actual brotherhood of man. The millenium must be a spiritual reality before it can become an outward actuality which will be visible to the human eye. Do you comprehend these laws? Do you see how they may be applied in all practical affairs? They apply to every matter of health from consumption to delirium tremens; from dyspepsia and liver complaint to a pain in the big toe.

To strike the vibratory keynote of perfect health within, is within its province.

To strike the right chord of vibration within, is the magic power which will transform into harmony and successful results, a business which is "at sixes and sevens."

The sunlight of Love within, if reached, will penetrate to the most obscure points of a difficult religious enigma. It would also carry its rays of happiness throughout every avenue of the human consciousness.

Let each reader begin, now, to live the life of Love, by carrying the vibrations of Truth to hearts who need them. Do not say there is nothing I can do. You can, at least, sow seeds of Truth on the wings of loving co-operative thought, and, thereby, receive in return the rich benedictions and satisfactions which Love alone can bestow.

LIFE SCIENCE.

Part Nine—Test Questions.

129. What is true Life Science?
130. What one of its factors or principles appeals to you most?
131. Why?
132. What is the will?
133. Is there any power that rules the will?
134. If so, what?
135. Define the term love?
136. What, if anything, has it to do with Life Science?
137. Is the principle of Love scientifically exact?
138. Is it capable of being understood and intelligently applied?
139. Is it possible to unite in man the Love and wisdom principles of his life?
140. If so, is it desirable?
141. Why?
142. Can this revivify the life?
143. Why?
144. What should be man's main object of pursuit?

This lesson does not undertake to give the exact law of vibration, but as it gives much that leads up to it, it should be given close attention. The mind-soil needs to be prepared for the seed. It is the most abstract and yet the most practical of truths. In part seventeen, it is made comparatively simple. But it is well to give close attention to all that leads up to it as each part has its important use. It is interesting to note how the mind builds. When it is duly prepared for the reception of an important idea, then when it finally comes it seems as familiar as a long lost friend.

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

EXPLANATORY

In placing before students this enlarged course of two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science—to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

